



Prevention of Visual Impairment among Students

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Annotation: In the conditions of modern education, many modern electronic technologies are used, the use of which entails a load on the visual apparatus. It is necessary to carry out and implement a prevention system in all areas of education and explain to the younger generation what the irrational use of gadgets and other electronic equipment leads to. Excessive reading from a computer monitor, tablet or smartphone, reading with insufficient or improperly organized lighting negatively affects the optical and accommodative apparatus of the eye.

Keywords: Students, vision, heredity, gadgets, reading in the wrong conditions.

Relevance. A significant decrease in visual acuity in a huge mass of people, including the younger generation - students, has become a serious problem of this century. Visual impairment is a common reason for visiting an ophthalmologist in adults. According to the WHO, in 2018, 1.3 billion people in the world had visual impairments, which amounted to more than 16% of all mankind. These figures show how important the prevention of visual dysfunctions is in a person's daily life.

The purpose of the study. To study the causes of visual impairment among students aged 18-30 years and give hygiene recommendations for the prevention of visual impairment.

Materials and methods. Of research as a method of collecting information, a survey among students in telegram groups was used, Internet data and scientific articles, and literature were also used.

Results of the study: The object of the study was 159 students aged 18-30 with impaired vision. Of these, 62 men (38.99%) and 97 women (61.01%). According to the survey, it was found that 80% of students regularly use a personal computer or telephone to study at the institute, more than three hours, and sometimes more per day. More than 50% of the students surveyed experience general fatigue, irritability, headache, goosebumps or rainbow circles after working with gadgets, and memory difficulty is also noted. Let's consider the main disorders of the visual apparatus that are most often recorded among students: farsightedness is a visual defect in which the image is displayed behind the retina, and not on the retina, as it should be, and not in front of the retina, as in the case of myopia. Thus, objects located at a close distance from the eyes (20-50 cm) are seen blurry, and it is almost impossible to focus on them. Myopia is a very common visual disorder in which the "picture" is imprinted not on the retina, but in front of it, which is why the image of objects located far away (a meter or more from the eyes) turns out to be fuzzy, "blurry". An alarming signal indicating possible myopia can be a desire to sit closer to the TV, bend low over a notebook, or hold a book very close to the eyes while reading. Astigmatism is a visual impairment in which there are two focal points in the eye at once, while both of them are located incorrectly.



This visual impairment is due to the fact that the cornea of the eye refracts rays along one axis more than along the other. Astigmatism can be: farsighted, nearsighted, mixed. The reasons for the deterioration of vision in the younger generation are many, and they must be looked for in the lifestyle of preschoolers, schoolchildren and students. The reasons for the decrease in visual acuity in students: often associated with the performance of tasks, difficulties and failures that arise in the learning process, new knowledge, an unusual load pile on the student, reducing the protective functions of his body, which is stressed from intensive growth. Reading and writing in the classroom and while doing homework greatly overload the student's visual apparatus, and work at the computer and "rest" in front of the TV "finish off" the already "tired" eyes. In addition, in order to maintain a student's visual acuity, it is necessary to eat right and observe the daily routine, and this is far from always possible. Thus, the main factors of a negative impact on a student's visual acuity are: excessive strain on the visual apparatus (a large number of lessons), frequent use of a computer (tablet, smartphone); non-observance of the daily routine (late going to bed, walking on the street is replaced by a repetition of lessons); lack of walks in the fresh air, replacement of sunlight with artificial (especially typical for the winter period); malnutrition; stress; heredity.

Conclusions. In order to avoid disorders in the work of vision, several rules should be observed: in between classes (reading, writing), it is necessary to give the eyes a rest by doing simple gymnastics. For example, you can focus your eyes alternately first on one, then on another object outside the window, then look at the window frame or window handle. Thus, by focusing on near and far objects, the eyes will rest from the strain caused by prolonged reading or writing;

- ✓ Limit to a minimum the time of work at the computer;
- ✓ Refuse to watch television programs for a long time in favor of walking in the fresh air;
- ✓ Get up and go to bed on time, if possible, rest during the day (afternoon nap);
- ✓ Monitor eye hygiene;
- ✓ Avoid stress, do not overload;
- ✓ Enrich the diet with foods rich in lutein, carotene, vitamins C, E, A and zinc necessary for the eyes.

Establish good nutrition for a student Good for vision foods include: carrots, yellow bell peppers, avocados, fresh blueberries, oranges, wheat and rye germs, nuts, dairy and sour-milk products, spinach, lettuce, pumpkin, liver, fish, egg.

Literature

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